



**REACTIONARY**  
VITAMIN A DAY, KEEPS  
VICES IN PLAY, STUDY  
SHOWS {page 12}



**TONE TO GO**  
EVA MENDES TAKES  
HER WORKOUT  
FOR A WALK {page 10}



CALGARY

**metro**®

Tuesday, May 3, 2011  
www.metronews.ca



News worth sharing.

# Majority maker

- ▶ Harper finally gets his full mandate
- ▶ NDP to form official Opposition
- ▶ More election coverage {pages 3 and 4}



▶ Conservative Leader Stephen Harper casts his vote in Calgary yesterday as his son Ben and daughter Rachel look on.

Logo for the Upper Big 4 Building at Stampede Park, featuring a large number 4 and a beer glass.

UPPER  
**BIG 4**  
Building  
@  
Stampede  
Park

A cartoon illustration of a woman with red hair, wearing a white top, holding a glass of beer.

[www.calgarybeerfest.com](http://www.calgarybeerfest.com)

CO-OP WINES & SPIRITS

Friday May 27<sup>th</sup>  
Saturday May 28<sup>th</sup>

CALGARY INTERNATIONAL

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2011



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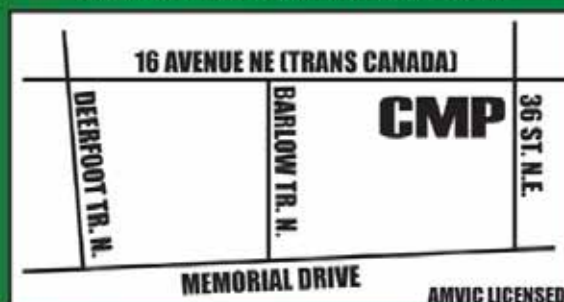
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AMVIC LICENSED

CORNER OF 16TH AVE & 36 ST. N.E. MONDAY - THURSDAY 8AM-9PM FRIDAY 8AM-6PM SATURDAY 9AM-6PM



## 'Substandard' dog breeding operation busted

More than 30 pit bulls have been seized from a northeast Calgary home where it is believed they were being bred.

The operation was conducted late Friday through a joint effort by the Calgary Humane Society, Calgary Police Service and city animal and bylaw services.

All of the dogs were suffering from dehydration.

Charges are pending.

● METRO

## Pondering gondola for transit use

Calgary Transit is weighing the pros and cons of constructing a gondola that would transport northwest commuters to high-traffic areas not accessible by C-Train.

Spokesperson Theresa Schroder confirmed preliminary discussions are underway on the matter but said no concrete plans have been established. "It's very far off," she said.

Areas that could be targeted by the gondola are the Alberta Children's Hospital, University of Calgary and the Foothills Hospital. The gondola system would reportedly cost \$5 million to 10 million to build and would see cars capable of holding six to 10 people come by roughly every 10 seconds. ● METRO

# A sea of Tory blue

► Seven Conservative incumbents, one newcomer elected ► NDP, Grits left to duel for distant second ► Green party support wanes



### Calgary East

Deepak Obhrai  
Vote count:  
Obhrai CPC: 10,930  
Brown NDP: 2,327  
Petrunic LPC: 2,126  
Milton GPC: 986  
Devine CPC-ML: 120



### Calgary Centre-North

Michelle Rempel  
Vote count:  
Rempel CPC: 26,261  
Vargis NDP: 7,351  
Randall LPC: 6,392  
MacIntosh GPC: 5,897  
Askin CPC-ML: 192



### Calgary Northeast

Devinder Shory  
Vote count:  
Shory CPC: 18,752  
Stewart LPC: 8,294  
Singh NDP: 3,306  
Brown-Eckersley GPC: 1,567  
Blanchard CPC-ML: 174



### Calgary Nose Hill

Diane Ablonczy  
Vote count:  
Ablonczy CPC: 34,925  
Anderson NDP: 6,190  
McLeod LPC: 5,589  
Hajj GPC: 2,992



### Calgary Centre

Lee Richardson  
Vote count:  
Richardson CPC: 19,152  
Pollock LPC: 5,762  
Montgomery NDP: 4,968  
Hamilton GPC: 3,246



### Calgary Southeast

Jason Kenney  
Vote count:  
Kenney CPC: 34,909  
Oates NDP: 4,934  
Spencer GPC: 3,104  
MacPhee LPC: 2,980  
Grochowski IND: 174



### Calgary Southwest

Stephen Harper  
Vote count:  
Harper CPC: 34,592  
Heffernan NDP: 5,724  
Lamontagne LPC: 3,237  
Christie GPC: 2,479  
Heather IND: 253



### Calgary West

Robert Anders  
Vote count:  
Anders CPC: 30,960  
Kinch LPC: 8,908  
Knowles NDP: 5,138  
Wagner GPC: 4,810  
Vachon CPC-ML: 191

Any thoughts of the NDP "orange wave" extending into Tory heartland were quickly quashed last night, as Calgary voters declared resounding support for Stephen Harper and his Conservative party.

Conservative Michelle Rempel will be the only newcomer to Calgary's MP lineup, taking over the reins previously held by cabinet minister Jim Prentice in Calgary Centre-

North.

"I think there was a sense among all parties that all of the Calgary ridings pretty much were going to stay the way they were," said Keith Archer, a University of Calgary political scientist. "When a party's up as high as the Conservatives are in Calgary ... that's such an overwhelming majority in our electoral system."

The NDP and Liberals

## Turnout

1 Calgary voter turnout seemed set to top 50 per cent last night, with seven out of 10 voters siding with Conservatives.

battled for a distant second in most Calgary ridings with the Green party, who surged to second in the local popular vote in the 2008 election, lagging be-

hind.

Regardless of the results, yesterday's vote held special significance for first-time Calgary voters like José and Maria Godoy. The couple, originally from Chile, has lived in Canada for three decades but only recently became citizens.

"It's very important," Maria said of the election. "We have to keep in mind the city, the war, everything." ● JEREMY NOLAIS

# 1

  
news


Risks, shmisks: Site of Japan's nuclear disaster becomes a tourist attraction.

To scan 2D barcodes in Metro, download the free ScanLife app at [2dscan.com](http://2dscan.com).

On the web at [metronews.ca](http://metronews.ca)

Allan Small on the impact skyrocketing gold and silver prices may have on investors. More at [metronews.ca/investing](http://metronews.ca/investing).



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# Seismic political shift

- Tories win coveted majority
- NDP made official Opposition



Harper joins Canada's first prime minister, Sir John A. Macdonald, and 1950s-era Tory leader John Diefenbaker as just the third Conservative ever to win three consecutive elections.

Aided by an ascendant NDP that helped split the vote, Harper won his first majority after two successive minority governments that many pundits and pollsters wrongly believed marked a glass ceiling for the former Reform party founder.

And he won despite a growing list of abuses of Canada's democratic insti-

tutions — including a historic defeat on a contempt-of-Parliament vote to trigger the election — that Conservatives dismissed as just so much partisan noise.

The New Democrats rode a mid-campaign surge of support to an orange revolution of sorts, becoming Canada's official Opposition for the first time and almost tripling their seat count.

The Green party also finally sprouted for the first time, with leader Elizabeth May defeating Tory cabinet minister Gary Lunn in the B.C. riding of Saanich-Gulf Islands to become the first member of her party to have a seat in the House of Commons.

THE CANADIAN PRESS



► NDP leader Jack Layton watches the election results with his wife, Olivia Chow, in the presidential suite last night at the Intercontinental Hotel in Toronto.

## U.S. recalls key interception in bin Laden search

When one of Osama bin Laden's most trusted aides picked up the phone last year, he unknowingly led U.S. pursuers to the doorstep of the world's most wanted terrorist.

That monitored phone call, recounted yesterday by a U.S. official, ended a years-

long search for bin Laden's personal courier, the key break in a worldwide manhunt. The courier, in turn, led U.S. intelligence to a walled compound in northeast Pakistan, where a team of Navy SEALs shot bin Laden to death.

The violent final minutes



► Afghan President Hamid Karzai, centre, flanked by his vice-presidents, addresses the media yesterday. Karzai lauded Osama bin Laden's death as a serious blow to terrorism.

were the culmination of years of intelligence work. Inside the CIA team hunting bin Laden, it always was clear that bin Laden's vulnerability was his couriers.

Shortly after the Sept. 11, 2001, terrorist attacks, detainees in the CIA's secret prison network told inter-

rogators about an important courier with the nom de guerre Abu Ahmed al-Kuwaiti who was close to bin Laden. After the CIA captured al-Qaida's No. 3 leader, Khalid Sheikh Mohammed, he confirmed knowing al-Kuwaiti.

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## ON THE BLOCK

**Court OK's Nortel patent bid**

Nortel Networks Corp. has won court approval for a \$900-million "stalking horse" bid by Google for the company's remaining patents and patent applications. Qualified bidders hoping to top the Google offer must submit offers

by June 13, while the auction is set for June 20. The winning bid will require court approval in Canada and the U.S.

Nortel has raised billions of dollars selling its assets to pay off creditors, bondholders and others. The company has said it doesn't expect shareholders will receive any of the proceeds. It's also unlikely that Nortel pensioners will get any of the money raised from the asset sales.

THE CANADIAN PRESS

**Honda cuts production of Civic, CR-V**

Honda Motor Co. expects to run short of the Civic compact and other models this summer because of parts shortages, the company said yesterday.

Honda will cut production of the new generation Civic, the most popular car in Canada, by about 40 per cent through the summer, and perhaps for longer. In addition, the 2012 version of the CR-V small SUV will be delayed by at least a month this fall. To make up for shortages, Honda will keep making the 2011 version.

Both vehicles are made

**"Our goal remains to normalize overall production sometime around the end of the year."**

JOHN MENDEL, EXECUTIVE VICE-PRESIDENT OF SALES, AMERICAN HONDA

in North America, but like other automakers, Honda is running into shortages of chips, sensors and other parts made at factories in Japan that were damaged by the March 11 earthquake.

THE ASSOCIATED PRESS

**RIM on the ropes with new phones**

► Debuts BlackBerry Bold 9900 and 9930 models, as well as apps for PlayBook ► But tech watchers say it's not enough in cutthroat market

Research In Motion may be waiting too long to debut its new, more powerful generation of BlackBerrys early next year in the competitive smartphone market, analysts say.

"The BlackBerry phones need a fresh start now," says Sascha Segan, PC Magazine's lead mobility analyst, yesterday from the BlackBerry World Conference in Orlando, Fla. "Without a major change to their software, they're not going to attract new developers and consumers."

The Canadian smartphone maker announced two new BlackBerry Bold

**"If we don't see any surprises, then it's definitely going to be a tough quarter for RIM in the smartphone market."**

SASCHA SEGAN, LEAD MOBILITY ANALYST, PC MAGAZINE

models with an upgraded operating system and some software applications at its annual conference.

However, it's not what analysts believe is critical to RIM's future. In early 2012, RIM will launch a line of BlackBerry "super

phones" with the same operating system as its new PlayBook tablet. The QNX system is expected to give users a better web experience and allow them to run multiple software applications.

Technology analyst Anil Doradla, of U.S.-based William Blair & Co., says RIM will have to make good on its promises for the QNX-based BlackBerry phones.

"From an investor's point of view, it will be a credibility issue," he said.

Apple's iPhone, along with HTC, Samsung, Motorola and LG smartphones, have been eating away at RIM's market po-

sition, especially in North America.

Doradla said the market and trends could very well change in six to eight months by the time RIM launches its new smartphones.

"Within this time frame, there are other players in the market who are not sitting idly by, too, and they're also working on what needs to be done."

Segan said RIM, which has just lowered its first-quarter profit estimates, has two days at the Orlando conference to try to change some analysts' views of the company.

THE CANADIAN PRESS

**Pilots stand their ground**

Air India's 800 pilots refused to work for a sixth day yesterday, defying a court order to end their labour action. The pilots are demanding higher pay and an investigation into mismanagement that they say brought losses of more than 160 billion rupees (\$3.4 billion). Air India says the strike is costing it about 12 million rupees (\$258,000) a day.

Clipped wings. Air India



► A passenger makes inquiries yesterday at an Air India ticket counter in Mumbai. A pilots' strike has forced the carrier to cancel 90 per cent of its domestic flights, leaving travellers stranded and prompting other airlines to boost fares.

RAFIQ MAQBOOL/THE ASSOCIATED PRESS

**Market moment**

TSX



- 10.28  
(13,934.51)

Dollar



- 0.49¢  
(105.17¢ US)

Oil



- 41¢ US  
(\$113.52 US)

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(+ 0.14¢ US)  
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# TRYING TO CATCH UP FOR LOST TIME

## SHE SAYS ...

JESSICA NAPIER  
METRO



We all have bad habits: Smoking, nail biting, littering. For me, procrastination is one particular vice that I would like to give up for good — if I could just get

around to it.

They say don't do tomorrow what you can do today. And I try, I really do. I repeat this mantra over and over again, but I always wind up pushing those nagging tasks to the back of my mind until it's too late. When faced with an unwanted chore I'm too willing to delegate the task to Future Jessica.

I thought that once I had pulled my final all-nighter and left my student lifestyle behind I would stop cramming for exams and grow out of my counterproductive tendencies. And yet here I am, years later and I'm still leaving things to the last minute.

There are tons of tasks — both big and small — that I avoid day in and out. From scrubbing out the dirt in between the keys on my MacBook to changing the light bulb that burnt out in 2009, there is no chore I won't ignore. I have become a certified hesitator, an expert dawdler.

**“There are tons of tasks — both big and small — that I avoid day in and out. From scrubbing out the dirt in between the keys on my MacBook to changing the light bulb that burnt out in 2009 there is no chore I won't ignore. I have become a certified hesitator, an expert dawdler.”**

Why do so many of us spend our time avoiding the inevitable? There are plenty of excuses; perhaps you “work best under pressure” or are easily distracted or there just aren't enough hours in the day. But I think we all realize that, ultimately, procrastination isn't really about time management at all.

The desire to postpone those less than exciting tasks doesn't come down to scheduling; it's all about choice, and maybe a little

anxiety. I didn't file my tax return at 8 p.m. on April 30 because I didn't have time; it was because I really, really didn't want to do it.

Knowing you should do something and putting it off regardless is a psychological problem, not an organizational one.

Starting the job, whether it's an unruly pile of laundry or a long list of emails that need replies, is always the hardest part. The key is to reframe these tasks in your mind — don't focus on the hard work associated with studying for a test but the satisfaction you will get from finishing it.

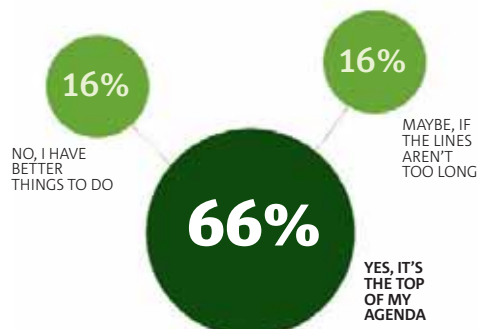
When we take the time (pun intended) to rethink our reasons for delaying and dilly-dallying then we might actually figure out how to move past this bad little habit ... eventually.

Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)



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Are you hitting the polls Monday?



## Worth mentioning

**NEW YORK.** Governments worldwide are developing new tools to censor reporters as the media increasingly moves online, the Committee to Protect Journalists said yesterday.

In a report released on the eve of today's World Press Freedom Day, the committee said 69 journalists whose work appears mostly online were jailed as of Dec. 1, representing almost half of all reporters imprisoned worldwide.

The press advocacy group said the sophisticated censorship techniques are often coupled with physical intimidation of online journalists.

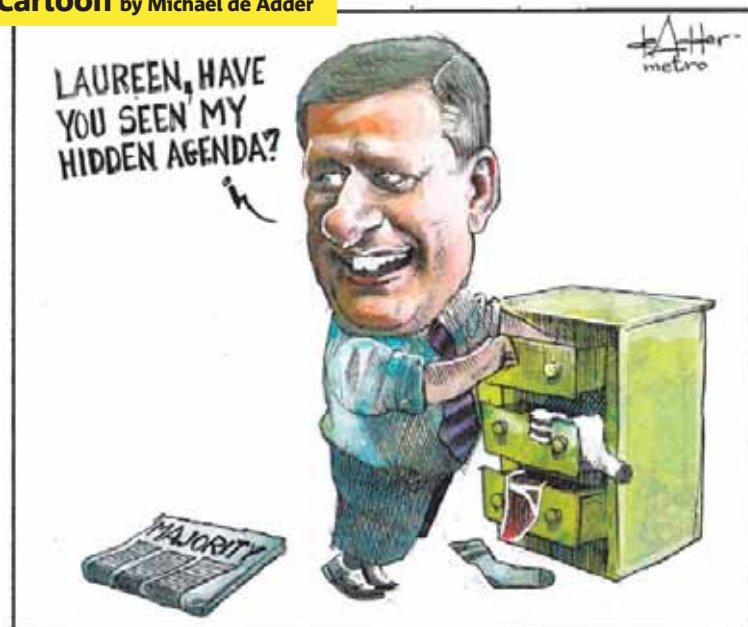
“These sophisticated, often invisible, attacks constitute a new front in the fight for press freedom,” said Danny O'Brien, CPJ Internet Advocacy Co-ordinator and the report's author.

O'Brien said the techniques go well beyond web censorship, with governments using the Internet to spy on writers and sabotage independent news sites.

“The aim is not only to censor but to block or disrupt the reporting process and the dissemination of news and information,” he said.

THE ASSOCIATED PRESS

## Cartoon by Michael de Adder



## WEIRD NEWS

### Treasure trove unearthed in backyard

A trove of medieval jewelry and other precious objects found by a man working in his backyard includes pieces made for a royal court and may be worth as much as \$142,000, Austrian government experts said yesterday.

The officials from Austria's department of national antiquities and the Academy of Sciences said they were only at the beginning of their investigation into the provenance and other

details of the find.

“We have in front of us high-end products (made) for the highest consumer class of central Europe” of the Middle Ages, academy member Thomas Kuehtreiber told reporters as security guards revealed some of the rarer pieces.

The Federal Office for Memorials said the trove consists of more than 200 rings, brooches, ornate belt buckles, gold-plated silver plates and other pieces or fragments, many encrusted with pearls, fossilized coral and other ornaments. It says the objects are about 650 years old. The location of the find lies on an important medieval trading route that ran between Poland and Italy, officials said.

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628B 17 Ave SW  
1412 9 Ave SE  
3132 26th St NE

2

scene

## Scene in brief



Teen star Selena Gomez has been announced as co-host of next month's MuchMusic Video Awards. The Wizards of Waverly Place star will also perform at the annual bash, to be held June 19. Gomez will share the hosting duties with MuchMusic VJs.

THE CANADIAN PRESS



Charlie Sheen tours tornado damage in Alabama, says he wants to organize relief event

# No easy workouts for actress Mendes

► New EasyTone products from Reebok help give a boost to work out routine by providing extra resistance



JANINE FALCON  
SCENE@METRONEWS.CA

"I'm just like everyone else," says Eva Mendes. "I do not enjoy going to the gym, but I do it because I have to do it for my mind, for my body, for my soul, and for my career."

And that fitness is not on her list of fun things to do makes the actress a relatable spokesperson for Reebok EasyTone, the athletic-wear brand's line of toning apparel and shoes.

"What I like about EasyTone is that they help me fit more exercise in when I'm running around," Mendes explains in a recent interview with Metro.

"Easy" may be part of the Reebok toning technology name, but don't make the mistake of thinking this is clothing that works hard FOR you. In fact, it's apparel that makes YOU work harder. Although the shoe looks like a regular sneaker, the EasyTone shoe sole features an air chamber that compresses as it hits pavement. It simulates the balance ball movement, creating an imbalance that forces the

## Where to buy

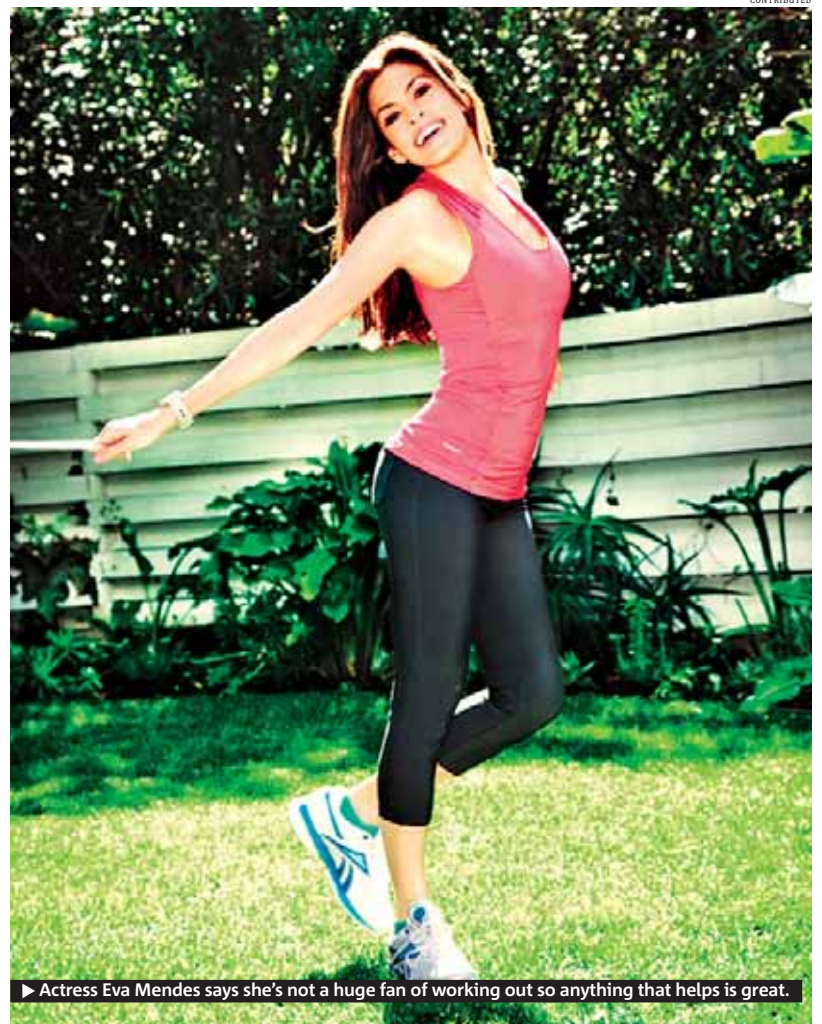
► **Sport Chek.** The EasyTone shorts are \$54.99, EasyTone shoes are \$109.99, and the EasyTone Sleeveless top is \$64.99. Available at Sport Chek locations across Canada.

wearer to work a little harder as she walks.

"I love the idea of killing two birds with one stone. You're already going to be out there running errands, running around with your kids or your dog," notes Mendes, who says she wears hers to walk and hike. "So why not use a shoe that helps you out and tones you up a bit while you're doing it?"

The clothing features high-tech tension fabric bands at the shoulders, between the shoulder blades, at the torso, and, in the pants, at the hamstrings, to create muscle resistance as the wearer walks or runs.

"The thing I love about the clothes is that they support everything, give you a nice shape, and remind you to maintain your posture," says Mendes.



► Actress Eva Mendes says she's not a huge fan of working out so anything that helps is great.

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# Aussies give Bieber not so eggcellent treatment

► Bieber mania hit Australia and then at least two Aussies hit back

Justin Bieber is having a rough time in Australia.

An audience member at a recent concert reportedly pelted the stage with eggs, nearly hitting the teen sensation with two of them, according to X17 Online.

But the seasoned performer didn't miss a beat at Saturday night's performance in Sydney.

Then on the plane home, Bieber was reportedly labeled a flight risk for refusing to stay in his seat when the seatbelt sign was illuminated, according to Sky News.

A Qantas flight attendant reportedly told Bieber that he "had been acting like a child and would therefore be treated like one." • METRO



► Justin Bieber

GETTY IMAGES

## ScarJo and Penn hand in hand

According to the Washington Post, sources spotted Sean Penn give Scarlett Jo-

hansson his tuxedo jacket at this past weekend's White House Correspondents' Dinner. The pair were photographed holding hands as they left an after-party. • METRO

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3  
life

## Vitamins



When it comes to buying dietary supplements, advice from the pharmacy is far more reliable than advice from health food stores. A study found that the amount of advice that was accurate from health food stores was seven per cent.

CELIA MILNE



Canada's Medical Hall of Fame  
inducting 6 new 'heroes' to its ranks



ISTOCK PHOTOS

► Taking a multivitamin is connected with the habit of indulgence, a new study shows.

# Health or hedonist

► People taking multivitamins tend to reward themselves with hard partying, study shows



CELIA  
MILNE  
LIFE@METRONEWS.CA

Maybe we're all on a health teeter-totter. When we do something healthy, we often follow it up with something unhealthy.

Call it normal human behaviour.

An intriguing new study in Taiwan has shown that people who have taken a multivitamin tend to reward themselves by indulging in unhealthy behaviour (such as partying).

In the study, 82 people were divided into two groups: those who were told they were taking a multivitamin and those who weren't. The vitamin supplement group was more likely to take part in risky behaviours such as casual sex, sunbathing, wild parties, and excessive drinking than the group that didn't think they were taking a multivitamin. Those who thought they were taking a supplement also had a lower desire to exercise, to have a healthy meal, or to go for a

**"People may simultaneously seek to maintain good physical health and to pursue the hedonic goal of leading a pleasurable life."**

DR. WEN-BIN CHIOU

long walk.

"In general," lead author Dr. Wen-Bin Chiou of National Sun Yat-Sen University told Metro in an email, "people may simul-

taneously seek to maintain good physical health and to pursue the hedonic goal of leading a pleasurable life. But after achieving ostensible progress toward the health goal by taking dietary supplements, they may feel entitled to reduce their efforts in this regard and pursue pleasurable activities."

Taking a multivitamin seems to be connected with the notion of invulnerability and indulgence.

The phenomenon works in reverse as well. "On the other hand," he

notes, "engagement in activities that pose health risks tends to motivate individuals to engage in acts that will restore health." An example of this is overeating and then taking a diet pill.

Chiou warns that people who take vitamin supplements need to be aware of the vicious cycle of doing something they perceive as healthy followed by an act of self-indulgence.

The study is to be published soon in the journal Psychological Science.



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► Experts warn the emphasis on weight risked people is leading to increased teasing and bullying among the youth.

# War on weight

► As obesity campaigns escalate, skeptics warn of the worsening stigmatization against overweight people

The images are striking: Overweight boys and girls staring somberly from billboards and online videos, real-life embodiments of the blunt messages alongside.

"Chubby kids may not outlive their parents," for example. Or: "Big bones didn't make me this way. Big meals did."

The ads — part of a new Stop Child Obesity campaign in Georgia — won some enthusiastic praise for their attention-grabbing tactics.

But they also have outraged parents, activists and academics who feel the result is more stigma for an already beleaguered and bullied group of children.

dren.

"Billboards depicting fat kids are extraordinarily harmful to the very kids they are supposedly trying to help," said the National Association to Advance Fat Acceptance, which called for the billboards' removal.

The Georgia Children's Health Alliance, which created the ads, said they were necessary to jar parents of obese kids out of a state of denial that their children had a problem.

The furor reflects a broader nationwide phenomenon as states, cities and the White House itself — led by U.S. President Barack Obama's wife, Michelle Obama — expand

efforts to curb obesity.

For all the public support of these efforts, there's also a vocal and passionate corps of skeptics and critics worried that widespread discrimination toward the overweight and obese will only increase.

"Stigma is not an effective motivator," said Rebecca Puhl, a Yale University psychologist who is a leading expert on weight discrimination. "Whether children or adults, if they are teased or stigmatized, they're much more likely to engage in unhealthy eating and avoidance of physical activity."

THE ASSOCIATED PRESS

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# For richer, for poorer, for debtor

## ON MONEY



**ALISON GRIFFITHS**  
MONEY@METRONEWS.CA

ding season in fine, albeit expensive, style. If you're thinking of following suit — even if you can't afford the dress — you will, no doubt, have a long To Do list.

One item at the top

should be, wait for it, checking out each other's credit report.

I suggested this recently at a women's conference. "That is sooo intimate!" declared one attendee. "Too intimate!"

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► Dress, cake, credit check

agreed another.

True enough. Exposing this side of your life — especially if there's an underbelly to it — is the ultimate test of a relationship. But knowing each other's credit score and history avoids unpleasant surprises. Most couples want to buy a home together and will apply for a line of credit or joint credit cards. Before you do, it's important to know if there are any financial

## Wedding stats

- ▶ Financial stress is the number one cause of marital break up.
- ▶ Most popular wedding month, June — 10.8 per cent of marriages.
- ▶ The least popular — January — 4.7 percent.

skeletons lurking.

A couple I worked with on my television show, *Maxed Out*, had been together two years when they applied for a mortgage. Up popped a raft of delinquent, and unrevealed, loans on the women's credit report. They bought the house but had to borrow from a higher interest lender. Eventually the financial stress caused by the payments felled their marriage. But I also think a corrosive sense of betrayal and guilt over the undisclosed loans weakened the underpinnings of their marriage.

Examining your credit report annually is a good practice in any case. My husband and I just discovered that our truck loan, paid off last year, still

## Money rule

- ▶ A pre-nuptial credit check can save pain and shame down the road.

lingers as unpaid.

The government requires the two major credit reporting agencies, TransUnion — [www.transunion.ca](http://www.transunion.ca) and Equifax — [www.equifax.ca](http://www.equifax.ca) to provide free credit reports. You have to apply by mail. A full credit report, plus your credit score, score will cost you around \$25 from either agency and you can apply on-line.

It may not seem very romantic but a credit report check-up is an important step for couples who want to build a sound financial foundation.

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# Mucho Burrito offers freshly made Mexican favourites

► The atmosphere of this eatery may be fun but the details need some work

## LUNCH RUSH

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May 5 to some is known as Cinco de Mayo. To me, it's a great excuse to celebrate the Mexican culture with some authentic fare.

Mucho Burrito is a self-proclaimed fresh Mexican grill. With Spanish music

► **Mucho Burrito**  
Various locations  
muchoburrito.com  
Reservations: No  
Social lunch: Yes  
Price range: \$2 - \$12  
Rating: 2 out of 5



► Medio Meat Burrito with chips and salsa.

playing and the welcome of 'hola' from the staff, my expectations were high.

The menu of freshly made Mexican food included staples (and favourites) such as burritos, tacos, quesadillas and salads.

I opted for a Medio Meat Burrito (\$8) with the chips

and salsa combo on the side (\$2). After choosing my wrap, filling and salsa, I was ready to dive in.

The portion size was filling and for authenticity, I would rate it slightly above other fast food style Mexican eateries.

On the downside, the

meat filling was lacking as the rice seemed to overpower the burrito. I also ran out of salsa for the chips, which made for dry bites of both dishes.

I'd grab lunch here again, but if I'm craving authentic Mexican I'd head to a non-chain eatery instead.

## Antioxidant Snack Mix

With less butter, less sugar and more fibre and antioxidants, this snack mix doesn't have to be reserved just for parties. Portion out a few servings in plastic bags at the beginning of the week for a satisfying grab-and-go snack.

monds and icing sugar. Reseal and shake to coat.

4 Spread mix on waxed paper and cool. Refrigerate in container up to 1 week.

THE CANADIAN PRESS

### Preparation:

- 1 Line large sheet pan with waxed paper. In large resealable plastic bag, place cereal and cranberries.
- 2 In microwavable bowl, add chocolate chips, almond butter and margarine. Microwave on high heat, uncovered, for 1 minute. Stir. Heat for another 30 seconds. Stir until smooth.
- 3 Pour chocolate mix into plastic bag, seal and shake to coat. Add almond flour, al-

### Ingredients:

- 750 ml (3 cups) multi-grain cereal squares
- 750 ml (3 cups) fibre cereal twigs
- 250 ml (1 cup) sweetened dried cranberries
- 175 ml (3/4 cup) dark chocolate chips
- 175 ml (3/4 cup) almond butter
- 125 ml (1/2 cup) enriched butter
- 175 ml (3/4 cup) almond flour
- 50 ml (1/4 cup) sliced almonds
- 175 ml (3/4 cup) icing sugar

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**Hometown:**  
Toronto

**Together since:**  
2008

### Their story:

In 2008, my mom suffered a stroke and fell into a coma.

Everyday, all day, I (Jodi) sat at the hospital.

I spent most of my time in the ICU's waiting room as I was not allowed to stick around when the doctors were in with my mom.

After a week straight of being there, seeing the same people day in, day out, I met a family whose son (Angelo) had been in a terrible car accident and was in an induced coma.

Over the next month, I saw them everyday and always asked about their son, as they did my mother.



► Jodi and Angelo's love story began in a hospital.

A few weeks later, my mom and Angelo were released from the ICU and moved to different wards in the hospital.

One day, as I was leaving after a visit with my mother, I ran into Angelo and his sister in the elevator, and we finally met face to face.

Soon after, Angelo and I were bumping into each other regularly around the hospital, and I started visiting him in his room.

When Angelo was re-

leased from the hospital in July 2008, we exchanged numbers and began talking on the phone.

Our first "dates" were spent watching movies at his house as he wasn't yet in any condition to go out.

It's been three years since our fated meeting, and we are now living together.

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## Game 2. Bruins win



▶ Boston's Brad Marchand takes a shot on goal against the Flyers last night.

PAUL BERESWILL/GETTY IMAGES

## Krejci gives Bruins OT win over Flyers, 2-0 lead in series

David Krejci scored 14:01 into overtime and the Boston Bruins beat Philadelphia 3-2 last night to take a 2-0 lead in the Eastern Conference semifinal series. Tim Thomas was phenomenal in net, stopping 46 straight shots after the Flyers took a quick 2-0 lead. Krejci fired a one-timer from one knee that ricocheted off the back of the net and back onto the ice. Play continued until officials could review the call. But the goal was clearly good. **THE ASSOCIATED PRESS**

# 4 sports

## Quoted



**"Everybody wants more from Alex. I think he's trying out there. He's working hard. What are you going to say? ... We need more from everybody. We don't just need more from Alex."**

**CAPITALS COACH BRUCE BOUDREAU REJECTED THE NOTION THAT ALEX OVECHKIN HAS TO DO MORE IF HIS TEAM IS GOING TO COME BACK TO BEAT THE LIGHTNING AFTER LOSING THE FIRST TWO GAMES.**

# Defensive battle

- ▶ Both Vancouver Canucks and Nashville Predators expect stingy defence to continue
- ▶ Canucks allowed a league-fewest 185 goals all season, Predators were third with 194

In Nashville, it's dubbed the Predator Way: Work hard, scrap, defend at all costs and score just enough timely goals to win.

Nashville certainly isn't changing its ways in the Western Conference semifinals.

"We're OK with the hard stuff," Nashville coach Barry Trotz said yesterday after practice. "If anybody's been around us

... we haven't done anything easy ever. The harder it gets, it might sound sick, but we get really good when it gets hard. Great resiliency, and I expect us to up our compete level and conviction level even higher."

The Predators evened their series with Vancouver at 1-1 by pushing the Canucks into double overtime before winning 2-1 Saturday night. Only three



CANUCKS



PREDATORS

▶ Time: 7 p.m.  
Channel: CBC

goals have been scored in the first two games, and the Canucks are bracing

for more of the same tonight for Game 3.

These teams feature two of the three Vezina Trophy finalists; Canucks goalie Roberto Luongo and Pekka Rinne of Nashville. Vancouver may have scored more goals in the regular season than anyone in the NHL, but the Canucks also held opponents to a league-fewest 185 goals. Nashville was third, allowing 194.

Canucks coach Alain Vigneault said both teams also play very well without the puck.

"There's not a lot of room. There's not a lot of time out there to make plays, and (Rinne is) a good goaltender. You've got to give him credit. I didn't expect coming into this these would be high-scoring games, and they haven't been so far," he said. **THE CANADIAN PRESS**

## Sacramento gets another shot

The Kings and the NBA gave Sacramento one last chance to prove it deserves to be an NBA city.

Now it's up to Mayor Kevin Johnson and the business community to come up with a viable plan for a new arena after so many failed attempts in the past.

"This is one of the proudest moments of my life because the community believed when no one else did," Johnson said yesterday. "We kept believing. And if you believe, anything is possible."

The decision by the Maloof family to keep their

team in Sacramento rather than apply for relocation to Anaheim, Calif., is only temporary. Co-owner Joe Maloof and NBA commissioner David Stern made clear that the team will leave after next season if an arena plan is not in place.

**THE ASSOCIATED PRESS**

## Norwich back in Premiership

Norwich was promoted to the Premier League yesterday after a six-year absence from England's top flight.

Paul Lambert's side ensured it would finish in the League Championship's top

two by beating Portsmouth 1-0 after third-place Cardiff was beaten 3-0 by Middlesbrough. Norwich was also promoted from the third tier last season.

**THE ASSOCIATED PRESS**

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EASTERN CONFERENCE

WASHINGTON VS. TAMPA BAY  
(Tampa Bay leads 2-0)

Sunday's result  
Tampa Bay 3 Washington 2 (OT)  
Tonight's game  
Washington at Tampa Bay, TBA  
Wednesday's game  
Washington at Tampa Bay, 7 p.m.  
Saturday, May 7  
x-Tampa Bay at Washington, 12:30 p.m.  
Monday, May 9  
x-Washington at Tampa Bay, TBA  
Wednesday, May 11  
x-Tampa Bay at Washington, TBA

PHILADELPHIA VS. BOSTON

(Boston leads 2-0)  
Last night's result  
Boston 3 Philadelphia 2 (OT)  
Tomorrow's game  
Philadelphia at Boston, 7 p.m.  
Friday's game  
Philadelphia at Boston, 8 p.m.  
Sunday, May 8  
x-Boston at Philadelphia, 3 p.m.  
Tuesday, May 10  
x-Philadelphia at Boston, TBA  
Thursday, May 12  
x-Boston at Philadelphia, TBA

WESTERN CONFERENCE

VANCOUVER VS. NASHVILLE  
(Series tied 1-1)

Saturday's result  
Nashville 2 Vancouver 1 (2OT)  
Tonight's game  
Vancouver at Nashville, 9 p.m.  
Thursday's game  
Vancouver at Nashville, 8:30 p.m.  
Saturday, May 7  
Nashville at Vancouver, 8 p.m.  
Monday, May 9  
x-Vancouver at Nashville, TBA  
Wednesday, May 11  
x-Nashville at Vancouver, TBA

SAN JOSE VS. DETROIT

(San Jose leads 2-0)

Sunday's result  
San Jose 2 Detroit 1  
Tomorrow's game  
San Jose at Detroit, 8 p.m.  
Friday's game  
San Jose at Detroit, 7 p.m.  
Sunday, May 8  
x-Detroit at San Jose, 8 p.m.  
Tuesday, May 10  
x-San Jose at Detroit, TBA  
Thursday, May 12  
x-Detroit at San Jose, TBA  
x — if necessary.

BRUINS 3, FLYERS 2 (OT)

First Period  
1. Philadelphia, van Riemsdyk 6 (Giroux, Zherdev) 0:29  
2. Philadelphia, van Riemsdyk 7 (Briere, Timonen) 9:31 (pp)  
3. Boston, Kelly 4 (Ryder, Kaberle) 12:50  
4. Boston, Marchand 4 (Bergeron, Recchi) 14:15

Penalties — Thomas Bos (delay of game; served by Lucic) 0:48, Shelley Pha (boarding) 3:37, Campbell Bos (holding) 8:49, Krejci Bos (roughing), Versteeg Pha (holding) 15:04.

Second Period

No Scoring.  
Penalty — Hartnell Pha (slashing) 18:27.

Third Period

No Scoring.  
Penalties — Marchand Bos (cross-checking) 3:21, Chara Bos (roughing) 17:21.

First Overtime

5. Boston, Krejci 4 (Horton) 14:00  
Philadelphia: 1-4.

Penalties — None.

Shots on goal by

Boston 16 13 7 5 41  
Philadelphia 14 8 22 10 54

Goal (shots-saves) — Boston: Thomas (W,6-3-0); Philadelphia: Boucher (L,4-3-0)(35-32), Brovsky (11:01 second)(6-6).

Power plays (goals-chances) — Boston: 0-2; Philadelphia: 1-4.

Referees — Eric Furlatt, Marc Joannette.

Linesmen — Derek Amell, Pierre Racicot.

Attendance — 19,962 (19,537).

SCORING LEADERS

	G	A	PT
Giroux, Pha	1	11	12
P.Bergeron, Bos	2	9	11
St. Louis, TB	5	5	10
Lecavalier, TB	4	6	10
Cammalleri, Mtl	3	7	10
Briere, Pha	7	2	9
Clowe, SJ	4	5	9
Marchand, Bos	4	5	9
Downie, TB	2	7	9
Datsyuk, Det	2	6	8
Perry, Ana	2	6	8
Purcell, TB	1	7	8
van Riemsdyk, Pha	7	0	7
Selanne, Ana	6	1	7
D.Sedin, Vcr	5	2	7
Burrows, Vcr	4	3	7
Kelly, Bos	4	3	7
Ovechkin, Wash	4	3	7
Couture, SJ	2	5	7
Gagne, TB	2	5	7
Gagnani, Buf	1	6	7
S.Koivu, Ana	1	6	7
Horton, Bos	4	2	6
Keith, Chi	4	2	6
Krejci, Bos	4	2	6
Fisher, Nash	3	3	6
Ward, Nash	3	3	6
Bolland, Chi	2	4	6

HOCKEY

IIHF

MEN'S WORLD CHAMPIONSHIP

Yesterday's results

At Bratislava

Denmark 6 Czech Republic 0  
Finland 3 Latvia 2 (SO)

At Kosice

Sweden 3 Austria 0  
U.S. 4 Norway 2

Sunday's results

At Bratislava

Russia 6 Slovenia 4  
Germany 4 Slovakia 3

At Kosice

Canada 9 France 1  
Switzerland 4 Belarus 1

Today's games

At Bratislava

Slovenia vs. Germany, 10:15 a.m.  
Russia vs. Slovakia, 2:15 p.m.

At Kosice

Canada vs. Switzerland, 10:15 a.m.  
France vs. Belarus, 2:15 p.m.

Getzlaf, Ana 2 4 6

Hossa, Chi 2 4 6

Recchi, Bos 2 4 6

J.Thornton, SJ 2 4 6

Brewer, TB 1 5 6

P.Kane, Chi 1 5 6

Laich, Wash 1 5 6

Myers, Buf 1 5 6

M.Richards, Pha 1 5 6

Timonen, Pha 1 5 6

I.White, SJ 1 5 6

Vanek, Buf 5 0 5

Bergerheim, TB 4 1 5

Pavelski, SJ 4 1 5

Semin, Wash 4 1 5

Doan, Phx 3 2 5

Clifford, LA 3 2 5

Gionta, Mtl 3 2 5

Leino, Pha 3 2 5

Sharp, Chi 3 2 5

Stamkos, TB 3 2 5

S.Weber, Nash 3 2 5

Frolik, Chi 2 3 5

Heatley, SJ 2 3 5

Holmstrom, Det 2 3 5

TENNIS

MADRID OPEN

At Madrid

MEN

Singles

First Round

Gael Monfils (9), France def. Ivo Karlovic, Croatia, 6-3, 7-6 (6).

John Isner, U.S., def. Mardy Fish (11), U.S., 7-6 (5), 4-6, 7-6 (3).

Flavio Cipolla, Italy, def. Andy Roddick (12), U.S., 6-4, 6-7 (7), 6-3.

Michael Llodra, France, def. Sam Querrey, U.S., 6-2, 6-3.

Pere Riba, Spain, def. Kei Nishikori, Japan, 6-2, 6-4.

Adrian Mannarino, France, def. Juan Ignacio Chela, Argentina, 4-6, 6-4, 6-4.

Sergiy Stakhovsky, Ukraine, def. Albert Montanes, Spain, 7-6 (6), 3-6, 7-6 (5).

Marin Cilic, Croatia, def. Potito Starace, Italy, 7-6 (5), 6-4, 6-0.

Xavier Malisse, Belgium, def. Victor Hanescu, Romania, 3-6, 6-4, 7-5.

Thiermo de Bakker, Netherlands, def. Juan Carlos Ferrero, Spain, 2-6, 7-5, 6-4.

Marcos Baghdatis, Cyprus, def. Alejandro Fal-la, Colombia, 6-3, 3-6, 7-6 (5).

Daniel Gimeno-Traver, Spain, def. Richard Gasquet, France, 3-6, 6-4, 6-3.

WOMEN

Singles

First Round

Li Na (6), China, def. Maria Jose Martinez Sanchez, Spain, 6-3, 7-6 (6).

Alisa Kleybanova, Russia, def. Shahar Peer (9), Israel, 6-3, 6-0.

Iveta Benesova, Czech Republic, def. Barbora Zahlavova Strycova, Czech Republic, 6-3, 6-2.

Roberta Vinci, Italy, def. Olga Govortsova, Belarus, 6-4, 6-0.

Lucie Safarova, Czech Republic, def. Anabel Medina Garrigues, Spain, 6-2, 2-6, 7-6 (3).

Second Round

Vera Zvonareva (2), Russia, def. Elena Vesni-na, Russia, 0-6, 6-3, 6-3.

Victoria Azarenka (4), Belarus, def. Sofia Arvidsson, Sweden, 6-1, 6-1.

Maria Sharapova (8), Russia, def. Ekaterina Makarova, Russia, 6-3, 3-6, 6-1.

Aranxa Parra Santonja, Spain, def. Andrea Petkovic (13), Germany, 6-2, 7-6 (5).

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	17	9	.654	—
Tampa Bay	15	13	.536	3
Baltimore	13	14	.481	4½
Boston	13	15	.464	5
Toronto	13	15	.464	5

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	19	8	.704	—
Kansas City	15	13	.536	4½
Detroit	12	17	.414	8
Chicago	11	19	.367	9½
Minnesota	9	18	.333	10

WEST DIVISION

	W	L	Pct	GB
Los Angeles	16	13	.552	—
Texas	16	13	.552	—
Oakland	15	14	.517	1
Seattle	13	16	.448	3

Yesterday's results

Oakland 5 Texas 4 (10 ins)

N.Y. Yankees 5 Detroit 3

Boston 9 L.A. Angels 5

Chicago White Sox 6 Baltimore 2

Sunday's results

Cleveland 5 Detroit 4

N.Y. Yankees 5 Toronto 2

Boston 3 Seattle 2

L.A. Angels 6 Tampa Bay 5

Baltimore 6 Chicago White Sox 4

Kansas City 10 Minnesota 3

Oakland 7 Texas 2

Tonight's games

Toronto (Jo-Reyes 0-2) at Tampa Bay

(W.Davis 3-2), 6:40 p.m.

N.Y. Yankees (Sabathia 2-1) at Detroit (Penny 1-3), 7:05 p.m.

L.A. Angels (Haren 4-1) at Boston (Lester 3-1), 7:10 p.m.

Baltimore (Bergesen 0-3) at Kansas City (Francis 0-3), 8:10 p.m.

Minnesota (Liriano 1-4) at Chicago White Sox (E.Jackson 2-3), 8:10 p.m.

Cleveland (Carmona 2-3) at Oakland (T.Ross 1-2), 10:05 p.m.

Texas (Ogando 3-0) at Seattle (Bedard 1-4), 10:10 p.m.

LACROSSE

NLL PLAYOFFS

All times Eastern

DIVISIONAL SEMI-FINALS

EAST DIVISION

Sunday's result

Toronto 10 Rochester 8

Saturday's result

Buffalo 11 Boston 10

WEST DIVISION

Saturday's results

Calgary 10 Colorado 6

Washington 14 Minnesota 8

DIVISIONAL FINALS

Saturday, May 7

EAST DIVISION

Toronto at Buffalo, 7:30 p.m.

WEST DIVISION

Washington at Calgary, 9:30 p.m.

CHAMPIONSHIP

Champions Cup

East vs. West champions, TBA

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Florida	18	9	.667	—
Philadelphia	18	9	.667	—
Atlanta	15	15	.500	4½
Washington	14	14	.500	4½
New York	12	16	.429	6½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	16	13	.552	—
Cincinnati	14	14	.500	1½
Milwaukee	13	15	.464	2½
Pittsburgh	13	15	.464	2½
Chicago	12	15	.444	3
Houston	11	17	.393	4½

WEST DIVISION

	W	L	Pct	GB
Colorado	17	9	.654	—
Los Angeles	14	15	.483	4½
San Francisco	13	15	.464	5
Arizona	12	15	.444	5½
San Diego	11	17	.393	7

Last night's games

Atlanta 6 Milwaukee 2

Florida 6 St. Louis 5

Washington 2 San Francisco 0

Houston at Cincinnati (ppd., rain)

Pittsburgh at San Diego

Chicago Cubs at L.A. Dodgers

Sunday's results

Washington 5 San Francisco 2

Atlanta 6 St. Louis 5

Houston 5 Milwaukee 0

Pittsburgh 8 Colorado 4

Arizona 4 Chicago Cubs 3

Florida 9 Cincinnati 5

San Diego 7 L.A. Dodgers 0

N.Y. Mets 2 Philadelphia 1 (14 ins)

Tonight's games

Washington (L.Hernandez 3-2) at Philadelphia (Hamels 3-1), 7:05 p.m.

Houston (Happ 1-4) at Cincinnati (Leake 3-0), 7:10 p.m.

Milwaukee (Estrada 1-0) at Atlanta (Hanson 3-3), 7:10 p.m.

San Francisco (Vogelsong 1-0) at N.Y. Mets (Dickey 1-3), 7:10 p.m.

Florida (Ani.Sanchez 1-1) at St. Louis (McCllelan 4-0), 8:15 p.m.

Colorado (De La Rosa 4-0) at Arizona (J.Saunders 0-3), 9:40 p.m.

Pittsburgh (Karstens 2-1) at San Diego (Latos 0-4), 10:05 p.m.

Chicago Cubs (Dempster 1-3) at L.A. Dodgers (Billingsley 2-1), 10:10 p.m.

SOCCER

SPAIN

LA LIGA

Yesterday's result

Espanyol 2 Athletic Bilbao 1

ITALY

SERIE A

Yesterday's result

Lazio 0 Juventus 1

EUROPEAN CHAMPIONS LEAGUE

SEMIFINALS — Second Leg

Today's game

Barcelona (Spain) vs. Real Madrid (Spain), 2:45 p.m.

NBA

PLAYOFFS

All times Eastern

SECOND ROUND

(Best-of-7 series)

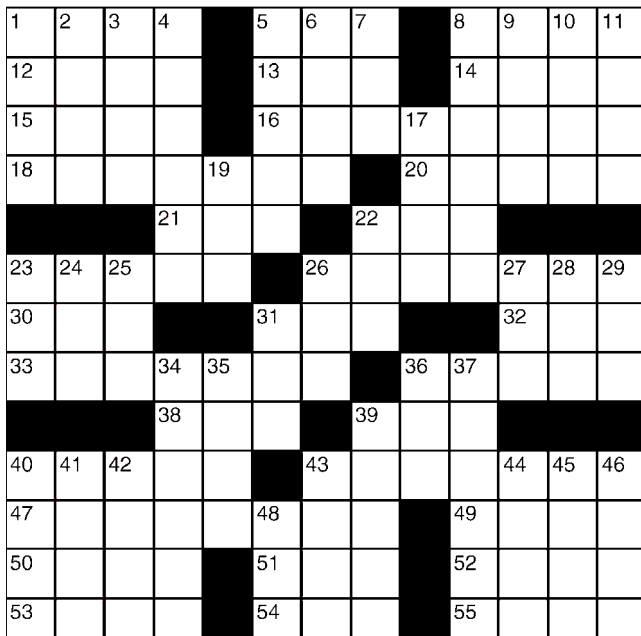
EASTERN CONFERENCE



## Crossword

### Across

- 1 Teen's woe  
5 "El —"  
8 Hand warmer  
12 Haul behind  
13 Modern-day evidence  
14 Norway's capital  
15 Deep sound from a bell  
16 "Swiss Family —"  
18 Big name in TV dinners  
20 Exposed  
21 Resistance measure  
22 Energy  
23 Canyon  
26 Noted NYC avenue  
30 Lawyers' org.  
31 Lustrous black  
32 Exist  
33 Springfield surname  
36 Moolah  
38 Choose  
39 Baby food  
40 Flight component  
43 State capital on the Pearl River



- 47 "Locksley Hall" poet  
49 Beige  
50 Oodles  
51 — out a living  
52 Right on the map?  
53 Longings  
54 Slithery fish  
55 Experts  
**Down**  
1 Tosses in  
2 Cornfield invader  
3 "Peter Pan" pooch  
4 One full of Christmas spirit?  
5 PC insert  
6 Privy to

- 7 Slight touch  
8 Address for a French friend  
9 Cold War abbr.  
10 Iceberg chunk  
11 Loving  
17 Footnote abbr.  
19 That woman  
22 Cistern  
23 Petrol  
24 Kimono closer  
25 Aries  
26 Chaps  
27 Pouch  
28 Bobby of hockey lore

- 29 Born  
31 Make marginalia  
34 "1,000 — of light"  
35 Agile  
36 Fond du —, Wis.  
37 Maintenance  
39 "What's My Line?" group  
40 Remain  
41 Far (Pref.)  
42 Unsigned (Abbr.)  
43 Gag  
44 Cicatrix  
45 Approximately  
46 Crazy  
48 Witness

### ► Yesterday's answer



## Today's horoscope

**♈ Aries** March 21-April 20 You need to get serious about your cash flow situation.

**♉ Taurus** April 21-May 21 Aim for the sky today and for the rest of the week — you'll reach it with ease.

**♊ Gemini** May 22-June 21 You don't have to do anything special, but you do have to think — deeply.

**♋ Cancer** June 22-July 22 Think of all the times you've held back in the past and regretted it. Act now.

**♌ Leo** July 23-Aug. 23 If you are in any way dissatisfied with your lot, now is the time to make changes.

**♍ Virgo** Aug. 24-Sept. 22 Be positive at all times and in all things, and you'll thrive.

**♎ Libra** Sept. 23-Oct. 23 If money is a problem don't be afraid to ask others for assistance — they'll help because they believe in you.

**♏ Scorpio** Oct. 24-Nov. 22 Be more open about what you desire.

**♐ Sagittarius** Nov. 23-Dec. 21 Do something today that brings the freshness back into your life.

**♑ Capricorn** Dec. 22-Jan. 20 No matter how cautious you may be most of the time this is a day when you can be bold.

**♒ Aquarius** Jan. 21-Feb. 18 Your home life is a bit tense at the moment.

**♓ Pisces** Feb. 19-March 20. Just trust that fate in its wisdom knows what you need. It always does. **SALLY BROMPTON**

## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's answer ►



## A look at the weather

**TODAY** Min 3° Max 10°  
**WEDNESDAY** Min 2° Max 12°  
**THURSDAY** Min 2° Max 16°

### Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS 6AM



## Caption contest



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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